

Especially for SENIORS

Published quarterly by the Ontario Advisory Council on Senior Citizens
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Highlights of the 1981-1982 Annual Report

Assuring Quality of Life for Seniors

The eighth annual report of the Advisory Council on Senior Citizens reviews two significant occurrences during the year. First, the creation of the Seniors Secretariat for Ontario, a major recommendation of the Council, and secondly the release of the report: "The Elderly in Ontario: An Agenda for the 80's", by the Provincial Task Force on Aging, a blue print for the future.

Council's Annual Report expresses optimism "That with good planning, careful determination of priorities and full involvement of seniors, we can and will effectively meet the needs of a growing older population."

Studies and Submissions

Report to the North American Regional Technical Meeting on Aging in Preparation for the 1982 World Assembly on Aging was submitted to a North American Regional Technical Meeting on Aging held in Washington, D.C. in June 1981. Council was represented by Douglas Rapelje.

Comments on the Report of the Royal Commission of the Status of Pensions in Ontario were submitted to the Honourable Margaret Birch, Provincial Secretary for Social Development. The Council paid tribute to the Royal Commission for the thoroughness of the study and expressed support for a number of its conclusions, such as • Basic payment levels of the federal Guaranteed Income Supplement, and the provincial GAINS should be adjusted so that single persons receive at least 60 per cent of the amount paid to a married couple. • The age of 65 should be retained for both federal and provincial government benefits. • Greater flexibility should be provided in respect to retirement age. • Cost of living adjustments to the Canada Pension Plan should be made quarterly as is done for Old Age Security.

Hearing Impairment and the Elderly - is a paper based on Council's concerns for the high incidence of hearing loss being experienced among the elderly. It outlines current difficulties and

recommends courses of action.

The paper points out that while specialized services for hearing loss do exist, they are not always readily available to the public. The paper makes five recommendations: • That the Ministry of Health review the success of the Canadian Hearing Society mobile hearing unit and publicize these findings to encourage service organizations to consider sponsorship. • Attention be given to increasing the number of audiologists and support staff. • That the Older Adult Centre's Association of Ontario be encouraged to participate in a

program for hearing loss seniors.

• That the Ministry of Health and Ministry of Community and Social Services request specific groups and organizations concerned with seniors to be better informed in regard to hearing loss and detection. • That community health fairs and appropriate associations be encouraged to include hearing testing.

A Model for Delivery of Services to Remote and Northern Communities in Ontario - This paper is a result of regional visits made by Council to northern Ontario over the past years. Council identifies several key issues unique to these geographic

areas. These are, availability of public transportation, limited subsidized housing, accessibility of special health or social services, availability of institutional care-residential, nursing and chronic care.

Taking into consideration the unique problems experienced, Council sees the "multipurpose centre" approach as a viable option for northern or remote communities, where services could be based under one roof, thereby improving both accessibility and making better use of available resources.

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Congratulatory Scrolls and Messages

For those important and significant milestones in your life, or your relatives' or friends' lives, congratulatory scrolls and certificates are available from the Governor General of Canada, the Prime Minister of Canada or the Premier of Ontario. For very significant anniversaries recognition can be requested from Her Majesty the Queen. (See paragraph on How to Apply.)

BIRTHDAYS

Scrolls are prepared for Ontario citizens celebrating 90th, 95th and 100th birthdays, bearing the signature of the Premier of Ontario.

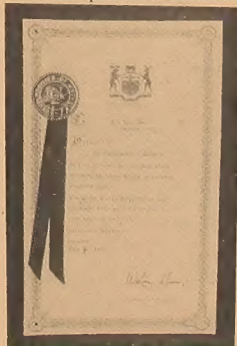
The Prime Minister of Canada and the Leader of the Opposition recognize 75th birthdays and up, at 5 year intervals, on request. The Governor General of Canada extends felicitations to persons celebrating 90th birthdays, and upwards, on a five year basis, on request.

On the occasion of a person's 100th birthday, a special message can be requested from Her Majesty the Queen. Her Majesty can be asked to recognize 105th birthdays and provide a message on a one year basis on request, each time after the age of 105 years.

In order to receive a special telegraphed message from Her Majesty two months' notice is required. This provides time to

verify the birth date i.e. copy of the birth certificate. A telephone number should be included in the information submitted as the Queen's message is in the form of a cable telegram.

It is not possible to accede to



A Provincial Scroll carries the Premier of Ontario's seal and signature.

requests of those persons whose birthdays have already past. This also applies to Wedding Anniversary congratulations. Nor will the Governor General, or the Queen, send greetings in time for advance celebration dates.

WEDDING ANNIVERSARIES

Congratulatory scrolls recognizing anniversaries can be obtained for Ontario citizens celebrating only 50th, 55th, 60th and 70th wedding anniversaries, unless the celebrants have not received a scroll before, nor on the specific years mentioned. The Governor General, on request, the Prime Minister's Office and the Leader of the Opposition's Office also extend greetings acknowledging 50th wedding anniversaries, and on a five year basis following, on request.

A Message from the Queen can be requested for those couples celebrating Diamond

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Annual Report

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Medications and the Older Adult - is a study of prescribed medication and drug use by the elderly. It discusses the possible over-use and abuse of medications and encourages Seniors to think of the best ways to take care of their health and well-being.

A Guide to Senior Citizen's Week Event - A publication which centres on the festive nature of the week. The Guide provides a brief historical background of the event and develops four major themes or categories of events. It shares information on some of the innovative programs and ideas developed by communities throughout Ontario. It highlights programs developed around the theme "We All Have a Lot to Share".

Recommendations

Talent Bank for Seniors - Council submitted a recommendation to the Honourable Margaret Birch on March 30, 1982 giving "support in principle to the creation of talent banks within communities throughout Ontario to make use of seniors' talents in the community".

Drug Costs for Consumers of the Free Drug Benefit Program - Council's position paper on "Medications and the Older Adult" indicates that under the present system of the Free Drug Benefit Program, the elderly are not aware of the cost of drugs and the Council recommended that: "The Government of Ontario introduce a system whereby the cost of drugs dispensed under the free drug benefit program be indicated in writing to the consumer".

Regional Meetings

Regional Meetings provide an opportunity for local organizations and senior groups to participate in a public forum and for Council members to be informed about regional and community needs.

During the year three Regional Meetings were held. The Council visited Sault Ste. Marie on May 31 and June 1, 1981 and Sudbury on June 2. On September 30, 1981 a meeting was held in Hamilton, co-sponsored by the Office on Aging, McMaster University.

Especially for Seniors - is now distributed to almost 800,000 senior citizens in Ontario. It encourages the development of a positive attitude towards aging and provides a forum for the interchange of ideas.

Points Saillants Du rapport Annuel de 1981-1982

La Qualité de la vie chez les personnes âgées

Le huitième rapport annuel du Conseil consultatif de l'Ontario sur l'âge d'or examine deux faits importants survenus durant l'année: premièrement, la création du Secrétariat ontarien du troisième âge, à la suite d'une des principales recommandations du Conseil, et, deuxièmement, la publication, par le groupe d'étude provincial sur le vieillissement, du rapport intitulé **Les personnes âgées en Ontario: Un programme pour les années 1980**, lequel résume le plan du gouvernement pour faire face à l'avenir.

Le rapport signale avec optimisme qu'une bonne planification, un établissement attentif des priorités et une pleine participation des personnes âgées devraient permettre de répondre aux besoins d'une population âgée dont le nombre s'accroît sans cesse.

Études et présentations

Un rapport visant à préparer la conférence mondiale de 1982 sur le vieillissement a été présenté à la réunion technique régionale pour l'Amérique du Nord sur le vieillissement, laquelle a eu lieu à Washington, D.C., en juin 1981. M. Douglas Rapelje a représenté le Conseil.

Des observations sur le rapport de la commission royale d'enquête sur les pensions en Ontario ont été soumises à l'honorable Margaret Birch, Secrétaire de la province aux Affaires sociales. Le Conseil a rendu hommage à la commission royale d'enquête qui a su faire une étude exhaustive et il a appuyé un certain nombre de ses conclusions, notamment: Le niveau des paiements de base en vertu du supplément de revenu garanti du gouvernement fédéral et du régime de revenu annuel garanti (GAINS) de l'Ontario devrait être mis à jour pour que les personnes seules reçoivent au moins 60 pour cent du montant payable aux couples mariés; le seuil de 65 ans devrait être retenu tant par le gouvernement fédéral que par les gouvernements provinciaux pour le paiement des diverses prestations; on devrait faire preuve d'une plus grande souplesse en ce qui concerne l'âge de la retraite; l'indexation au coût de la vie du Régime de pensions du Canada devrait se faire tous les trois mois, comme cela se fait pour le régime de sécurité de la vieillesse.

Hearing Impairment and the Elderly (les personnes âgées et la surdité) est un document qui résume les préoccupations du Conseil à propos du taux élevé de perte de l'ouïe chez les personnes âgées. Il fait état des difficultés courantes et recommande cer-

taines mesures.

Le document souligne que, même s'il existe des services spécialisés à cet égard, le public n'y a pas toujours facilement accès, et il fait cinq recommandations: que le ministère de la Santé tienne compte du succès qu'a remporté le programme pilote de l'unité mobile de la Société canadienne de l'ouïe et en diffuse les constatations de manière à inciter les organismes communautaires à apporter leur appui; que l'on encourage la formation d'audiologues et de personnel de soutien dans ce domaine; que l'on encourage l'association des centres pour personnes âgées de l'Ontario à participer à un programme de dépistage de la surdité; que le ministère de la Santé et le ministère des Services sociaux et communautaires demandent à des groupes et à des organismes qui s'occupent des personnes âgées de mieux se renseigner sur la surdité et les façons de la détecter; que l'on encourage les foires communautaires sur la santé et les associations qui ont les mêmes objectifs à effectuer des examens auditifs.

A Model for Delivery of Services to Remote and North Communities in Ontario (modèle de prestation de services aux collectivités isolées et aux résidents du Nord de l'Ontario) - Ce document donne suite aux visites effectuées dans le Nord de l'Ontario par les membres du Conseil au cours des dernières années, et il fait état de plusieurs questions capitales propres à ces régions: l'absence ou l'insuffisance de moyens de transports en commun, l'insuffisance de logements subventionnés, la difficulté d'accès aux services sociaux et médicaux spécialisés, l'insuffisance de soins en établissement (soins infirmiers, soins aux malades chroniques).

Vu le caractère exceptionnel des difficultés éprouvées, le Conseil considère les "centres polyvalents" comme une option valable pour les collectivités éloignées et celles du Nord. Ces centres regrouperaient tous les services sous un même toit pour les rendre plus accessibles et faire un usage plus rationnel des ressources.

Medications and the Older Adult (les personnes âgées et les médicaments), une étude sur les médicaments d'ordonnance et la consommation de médicaments que font les personnes âgées pour inciter les gens à réfléchir à de meilleurs moyens de protéger leur santé et leur bien-être.

A Guide to Senior Citizens' Week Events (guide de la Semaine de l'âge d'or) - une publication qui met l'accent sur l'aspect réjouissances de la semaine. Le Guide donne un bref historique de la Semaine de l'âge d'or en Ontario et il aborde quatre thèmes majeurs ou catégories d'activités. Il donne également des renseignements sur les idées et les programmes innovateurs qui proviennent de tous les coins de la province. Il fait état en outre des programmes élaborés à partir du thème "Nous avons tous quelque chose à offrir".

Recommandations

Banque des talents de l'âge d'or - Le Conseil a présenté à l'honorable Margaret Birch, le 30 mars 1982, une recommandation appuyant en principe la création de banques de talents au sein des diverses collectivités de la province, afin de mettre à profit les talents des personnes âgées.

Le coût des médicaments pour les bénéficiaires du régime de médicaments gratuits - L'énoncé de position du Conseil sur les personnes âgées et les médicaments indique que, en vertu du présent régime de médicaments gratuits, les personnes âgées ignorent le coût des médicaments. Le Conseil fait la recommandation suivante: "Que le gouvernement de l'Ontario mette en oeuvre un système en vertu duquel le coût des médicaments que les personnes âgées reçoivent gratuitement leur soit indiqué par écrit."

Assemblées régionales

Les assemblées régionales donnent aux organismes locaux et aux groupes de l'âge d'or l'occasion de participer à un débat public, et elles tiennent les membres du Conseil au courant des besoins à l'échelon régional et communautaire.

Trois assemblées régionales ont eu lieu au cours de l'année. Le Conseil s'est rendu à Sault-Sainte-Marie les 31 mai et 1er juin, et à Sudbury le 2 juin. Le 30 septembre 1981, une assemblée a eu lieu à Hamilton, avec la collaboration de la commission sur le vieillissement de l'Université McMaster.

Especially for Seniors, un bulletin distribué à près de 800 000 personnes âgées de l'Ontario, encourage ses lecteurs à adopter une attitude positive à l'égard du vieillissement. On espère que le bulletin, en permettant un échange d'idées.

The Adult Recreation Centre - Waterloo

New Activities through Senior Outing Daycare



The Adult Recreation Centre, at the corner of Allen and King Street in Waterloo, caters for people 40 years of age and up. It provides a wide variety of programs and a support team of volunteers helping the staff of nine people. One of the most innovative programs, which started as a pilot project in 1978, is Senior Outing Daycare.

This program has meant that isolated seniors in the community, who do not have access to regular programs, are given the opportunity to socialize and enjoy the companionship of others. Volunteer drivers are available when necessary to pick members up to arrive in time for morning tea and a half-hour of socializing before the program begins.

"The response to the program was so good, and members benefited so greatly that the City of Waterloo, Region of Waterloo and the Ontario Ministry of Community and Social Services continued sponsorship," said Joyce Topper director of the program.

The program's goal is to enable the participants to join the mainstream of the Centre's program, where it is possible. It helps reduce isolation and loneliness and brings frail seniors, who may be depressed and despondent, an opportunity for new activities and interests.

"New friendships develop and during the week members keep in touch with each other by phone," said Mrs. Topper.

Following morning tea members have a group discussion period. The morning *Especially for Seniors* visited the topic was autumn. It was interesting to share in thoughts about autumn. We discussed the approach of shorter day-light hours, wood-cutting and preparation for winter and "things" that reminded us of the fall. Everyone lamented that it was no longer possible to burn leaves, as raking up of leaves and the aroma of bonfires had been pleasurable.

After sitting for two hours it was refreshing to take part in the group exercises, as we stretched

our arms, wiggled our toes and stretched our legs to music - which seemed much more fun than doing it in front of a television exercise program.

Lunch, prepared by volunteers, was a full turkey meal with fresh peaches for dessert. Following the lunch the daycare group were going on a bus trip to the Grand River.

The sit down, hot nutritious meal at lunch time is an important part of the day program. Many of the participants do little

cooking for themselves and as many live alone the companionship of others is enjoyable. They are served meals that might be impractical to prepare for just one person.

"Program planning of course is very important," said Joyce Topper. Program may include table games, slide shows and films, guest speakers, music, horticulture and other special events.

The Adult Recreation Centre operates two Senior Outing Day

Care programs on Tuesday and Thursday, which cater to two separate groups of 26 persons.

Elderly people, referred for the program, are visited and advised to take their time considering the program. On the first day, the coordinator with whom he or she is familiar, provides transportation. Most of the people referred are concerned about participating in a new unfamiliar program - but once involved it appears to become an important highlight of their week.

Waterloo's Project Woodwork

Seniors in Waterloo consider it is a good place to live. Walter Randerson, a volunteer and Board Member of Project Woodwork in Waterloo points out that in all his travels he hasn't come across a better place.

Mr. Randerson, now retired, is one of the group of volunteers involved in Waterloo's Project Woodwork. A volunteer or number of volunteers are always present in the workshop to supervise activities.

Located in Waterloo Park, the program got underway eight years ago with a New Horizons grant. It was organized in 1975 by Frank Moogh (now deceased) and Ralph Palmer, who is still president. It provides an opportunity for adults, and for seniors to be involved in woodwork of their choice. The centre is open two days a week from 9 a.m. to 4 p.m., and offers four 8 week sessions from September to May each year.

Today the workshop is self-supporting. Seniors - those aged 60 or over pay \$15 for the 8-week course and those under 60 years of age, pay \$20.

Harry Elsly, a volunteer instructor, said that most people have a project in mind. "People may bring a chest or chair to strip and refinish, or younger people are making bookshelves and items to help furnish their homes."

Lorna Shafer, who is a senior citizen, is in her fourth year. She stripped and refinished a cedar chest, worked on tables, a desk



Project Woodwork attracts many volunteers, such as Walter Randerson, left, Norman Bester and Harry Elsly. Kathy Durst, Director of the Adult Recreation Centre appreciates the support from the many volunteers who help in the various programs.

and has refinished chairs. The sociable atmosphere is one of the features that attracts her.

Herb Berg, another senior, said it was the first time he'd joined the program. He was stripping a dark walnut chair.

The machine shop is well equipped with a 14 inch Band Saw, belt sander, 10 inch bench saw, drill press, lathe and wide selection of portable drills.

As well as providing a workshop facility for people to "do their own thing" the volunteer instructors produced

800 equipment items for the Region of Waterloo's Home Care Program in 26 different designs: bath boards, chair and bed risers, remote control devices for stoves.

The workshop is used by both men and women in a 50-50 ratio. More women than men appear to be repeaters in the program.

The volunteers are constantly involved in activities outside the shop, especially with projects at the Adult Recreation Centre. For them it is also a hobby which gives them satisfaction and keeps them busy in retirement.

From the Chairman's Desk

World Focus on Aging



This summer I had the honour and privilege to serve as a member of the Canadian Delegation to the United Nations World Assembly on Aging held in Vienna, Austria from July 26th to August 6th. Delegates from more than one hundred and twenty-five member countries of the United Nations and specialized intergovernmental and non-governmental organizations participated.

There were two forums which met simultaneously in separate locations. The Plenary sessions were held in the Hofburg Palace, a spectacular former Imperial palace, now a National Congress Centre, where Vienna has played host to many great international meetings which have helped to shape history.

It was at the Hofburg Palace that Emperor Franz Joseph spent much of his time during the sixty-nine years he was Emperor of the Austro-Hungarian Empire. He was 86 when he died in 1916, having demonstrated that aging was no bar to his powers of ruling much of Europe, containing peoples of many races, tongues and creeds.

The Plenary sessions gave each of the nations and non-governmental organizations attending the assembly an opportunity to present its position on the issues facing the aging. Canada's position was presented on the second day of the meetings by Senator Maurice Riel, leader of our delegation, and it was very well received by the delegates.

The Main Committee faced the task of drafting the International Plan of Action on Aging. This committee had a most unusual location for its meetings. They were held in the Spanish Riding School where the Hapsburgs' famous stables of Lipizzaners are housed. These incredible dancing white horses, which have been seen on tour in Canada, have a summer vacation, and are off for a country holiday and the Riding School is prepared to host many conferences and meetings. Spare no sympathy for the delegates meeting in such a setting. The

performing arena is carpeted, has spectacular crystal chandeliers, and is complete with a musicians' gallery and beautifully decorated columns and ceilings. It rather resembles a fabulous ballroom, with temporary desks, seating areas, booths for interpreters, and the usual media equipment. It can accommodate a thousand to twelve hundred people.

In both the Plenary session and the Main Committee there were many interpreters and instantaneous translations were provided so delegates could follow the debates in a familiar language. Each country had two official desks in each assembly. Canada was flanked by Byelorussia, and Cape Verde Islands. In the row immediately behind us was Bulgaria, India, and a delegation from the Holy See of Rome. Britain was in the row ahead.

One of my personal resolutions was to embark on a study of modern geography when I realized how many delegates represented countries quite unfamiliar to me. It was also exciting to meet delegates I had already known from Finland, Denmark, Australia, Rome and England, as well as closer neighbors from the United States. There were opportunities between sessions, and at receptions to renew acquaintances and enquire about special programs of mutual interest.

The convening of the Assembly was a very important event because never before have the nations of the world gathered to focus their attention on issues related to aging and the elderly. Equally significant is the fact the Assembly would be dealing with a matter of world concern before it became a crisis, giving an opportunity for both short and long range planning.

Just a few years ago, the issue of aging was perceived as being important and of immediate concern for developed countries only. The needs of the developing countries were not considered significant. However, it is obvious that the question of aging can no longer be considered a minor issue for the developing countries; nearly seventy-five per cent of tomorrow's elderly are expected to be living in the developing regions of the world in the year 2025.

When population trends are presented, there are many who question the reliability of the figures. Are we really sure of these impressive increases?

Definitely; we are not talking about a hypothetical group, but of our children and grandchildren who are already born, and have survived the risks of infancy. In fact, the World Assembly was not only concerned with the elderly of today, but also considered the future needs of today's youth.

The United Nations World Assembly on Aging completed its work in Vienna with the adoption of an International Plan of Action on Aging. The plan will receive final approval from the U.N. General Assembly. It is in agreement with the consensus reached by the Canadian delegation, and incorporates the essence of many of the recommendations submitted by Canada.

Canada stressed the importance of an integrated approach to health care, the need to offer a wide range of health and social services aimed at giving greater independence to the aged. The delegation emphasized the significance of better public education in order to change current stereotypes affecting the public image of older people.

Catch Up on Calcium

Foods and nutrition specialists of the Ontario Ministry of Agriculture and Food wish that mature citizens would pick up on an old habit - drinking milk and eating cheese.

By 30 years of age or so, bones, largely made up of calcium, begin to atrophy (waste away). This atrophy, known as osteoporosis can accompany growing older. Just as the greying of hair cannot be prevented, but proceeds at different rates from one individual to another, so does osteoporosis. However, there are possibilities that osteoporosis can be slowed. Osteoporosis alone does not contribute any disability. What it does is to cause brittle bones, bones that are more likely to break following a trivial incident like tripping on a carpet.

Since all untreated people with osteoporosis are in negative calcium balance, and since this condition occurs from age 30 upwards, it is important that adults and mature citizens maintain their calcium intake daily.

Milk and cheese are the richest food sources of calcium. It would be difficult to obtain enough calcium daily, without including

Especially for SENIORS

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Toronto, M5G 1Z6

"Our Goals . . . The goal of the Council is to help create a province in which it is possible to grow old with dignity and a sense of usefulness; where services are adequate and varied, and include the element of choice in all facets of living; where people have concern for each other and where rejection is no longer acceptable."

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ADDRESS CHANGES:

Seniors are reminded that there is no need to notify the Advisory Council Office about address changes. When you notify the OLD AGE SECURITY, your address label is automatically updated for the next issue of "Especially for SENIORS".

Canada also focused special attention on the need to give greater attention to the special requirements of elderly women, particularly in the area of income security and the important role of the voluntary sector, as well as the necessity for more research and training in gerontology.

Frances McCall

either of them in the diet.

Adults should budget for at least 375 millilitres (one and one-half cups) of milk daily. Drink it, use it on cereal, in soups, casseroles or sauces. Remember that cheese is a concentrated form of milk, a meat alternative, an excellent source of high quality protein and an especially valuable food for those with reduced appetites. A small serving satisfies and provides plenty of nourishment. There's no need to limit cheese intake to the best known form - slices.

Choose a nice day, advise food specialists, to walk to a nearby cheese shop or supermarket and ask about the specialty cheeses (better known as "European" varieties) that are now made in Ontario. Buy small amounts of different varieties and have a real treat - taste and nutrition wise. Do it often. Your bones will be better for the milk and cheese you eat every day.

"If, for any reason, you have been advised by your doctor not to drink milk or eat cheese, talk to your doctor about other forms of calcium, as it is available as a medication," said Dr. George Merry, Council Member from Kingston.

Achievement

Edith Goldie Holmes, Creative Folk Artist

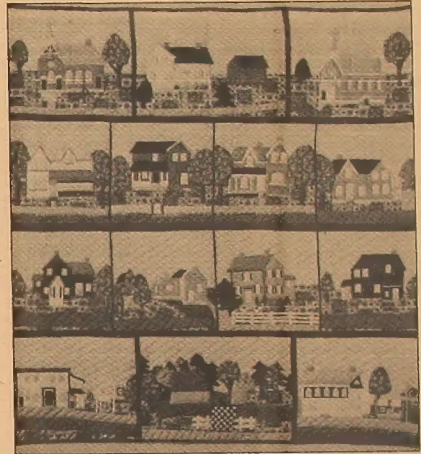
Edith Goldie Holmes, quilt maker par excellence, was once told by her teacher that she used too many primary colours in a floral drawing. Little did the teacher know that her young pupil had a latent talent for design and colour which one day would flourish. Now widowed, the energetic senior, who lives quietly in Queensborough, north of Madoc, had been involved in quilt making since she was married. Throughout her life, too, she has recorded special events in poetry. You can learn how she got started in creative quilting in her own words.



Edith Goldie Holmes

You could say that she was discovered by artist Greg Paul, who teaches at Mary Schneider's School of Fine Arts. He helped her arrange a showing in a Toronto art gallery in 1978, which resulted in her being a guest on the television program Canada A.M. Artists and art students who visit Queensborough often drop in to visit her at her modest home: "Holmes House of Threads-The Quilt Lady".

Born near Cookstown in 1910, Mrs. Holmes credits her success in part to not having the opportunity to go to high school. If she had had an education she doubts her life would have been the same. She was a young married woman during the depression and speaks of the time



Queensboro Quilt

she was able to buy 6 quarts of pears for twenty-five cents. They had no money. She bought the pears because she was able to exchange an old car battery for twenty-cents, found a few pennies in her husband's suit pocket and made up the remainder with a postage stamp. Her attitude today is that never having had a great deal, she is

perfectly content with life. Much of her money today goes on procuring the right material for her designs.

Materials and their colours are as important to her as the right mix of paint on an artist's palette. Her wallhangings are enhanced by the particular care she uses in choosing a fabric of the right colour. By quilting the buildings and trees used in her designs they become even more realistic. And her use of colour and composition of her designs springs from her creative ability.

She is indeed a Grandma Moses of fabric and one can only fully appreciate her work by seeing the actual work.

People may envy her ability, but she feels there are good things in life for everyone. "You may not quilt, paint or knit but you can do something to make life a happy one," she said.

home office specialists, to advise you of the optional types of annuities available, and to assist you choosing the one that best suits your needs and circumstances. Also, they may be able to "shop the market" and get you the best available rates. And rates do differ, don't take the first rate offered, ask for three competitive rates at least, from well-established life insurance companies. It's your money, and you deserve the "best deal for your dollar".

Don't forget - age 71 - sufficient time - and careful consideration of your options. You were careful in selecting your RRSP - be just as careful now. It is an important decision for your future.

John Withrow,
Council Member,
Toronto.

My Queensboro Quilt

Women's International Year was 1975.

The same year, too, I became 65.

I wanted to do something special, these two events to celebrate

So I made a Heritage Quilt, which some folks say is great.

I made it look like "Grandpa's Place", where I used to go

And it tells a story for everyone to know.

When I had it pieced and the quilting done,

I decided then to make another one.

This one is original too, but quite different though.

For it is nine different places in the village of Queensboro.

The first I sewed was Bruce Leslie's place

Then the United Church I made,

The Orange Hall and the manse were next,

Then Ralph Franklin's I portrayed,

Howard Parsons and Ern Walkers,

Then our place, I made too.

Carl Gordon's was the last one, and all I had to do

To have enough for one quilt top, but I hope in days to come

I can make more places in our town

Before next year is gone.

Mrs. Holmes wrote to "Especially for Seniors" in response to the article "The Many Single Challenges" in our last issue. She wanted to share her philosophy on life. "I am contented and pleased with so many things," she wrote. "I try to make people happy and laugh by the poems I write and skits I make up for senior citizens and the Women's Institute."

She is fortunate, because since her husband's death, her life has been devoted to development of her creative talent designing wallhangings, with the Senior Citizens group in Madoc and her church and home responsibilities. She is also invited to speak to quilt guilds.

Decision at 71

Many senior citizens have very effectively used Registered Retirement Savings Plans to save income tax during their working years to accumulate additional funds to assure a more financially secure retirement. If you did so, you may have begun receiving your retirement income proceeds under your RRSP when you retired, while others may have continued their contributions, or permitted their plans to grow, for a few extra years to increase their accumulated funds to provide retirement benefits when required.

If you are one of that latter group, remember this. You must commence the withdrawal of retirement benefits under your RRSP by the end of the calendar year in which you attain the age of 71 - or if your spouse is named as the person to receive the retirement benefits (that is, if you have a "spousal annuity"), the year in which that spouse attains 71. Also, and this can cause undue complications, allow sufficient time for the funds accumulated in your RRSP to be transferred to your new retirement benefits. If, for example, your RRSP is with a trust company, they must be advised of your intentions to

purchase an annuity in sufficient time for the trust company to compute your values, and transfer the funds to the insurance company of your choice. This may require several weeks, and in some cases, months, so allow sufficient time to meet that end of the year deadline.

How can you obtain expert help in planning your type of retirement income - and assistance in completing all details in time? First, ask the trust company, bank or insurance company who holds your RRSP for their help - they will have experienced staff to advise you of the several options available - their advantages and shortcomings, and explain the necessary procedure and help you with it. That is part of the service you should expect - so ask for their advice.

If you are planning the purchase of an annuity with your proceeds, and many people do, for it does provide a monthly income which may best suit your needs, you may wish to secure the counsel of an experienced life insurance agent or annuity broker. They have a specialized knowledge of annuities - and if they feel you require further help, can enlist the services of their

Transportation Questionnaire

The following questions were prepared by the Ontario Ministry of Transportation and Communications to provide the Ministry with some general information about bus travel patterns of Senior Citizens. We would appreciate your help in completing these questions so that we may begin to understand the travel needs of Seniors in Ontario.

1. What city, town or village do you live in?

2. Have you travelled by bus to other cities, towns and villages within the past year?
☐ Yes
☐ No
3. Please comment briefly on your impressions (positive and negative) of the bus service which serves your area for travel to other cities, towns and villages.

4. Would you be willing at some time in the future to participate in a more detailed survey of travel habits and preferences?
☐ Yes - Name & Address _____
☐ No _____

Please include any other comments you have with this coupon. Please cut out this coupon and mail it to:

Ministry of Transportation
and Communications
Bus Transportation Office
West Building
1201 Wilson Avenue
Downsview, Ontario
M3M 1J8

Thank you for your co-operation.

Le ministère des Transports et des Communications de l'Ontario a préparé les questions suivantes afin d'obtenir certains renseignements généraux sur les habitudes des personnes âgées en ce qui a trait aux voyages par autobus. Nous vous serions reconnaissants si vous pouviez répondre à ces questions pour nous permettre de comprendre les besoins des personnes âgées de l'Ontario en matière de déplacements.

1. Dans quel village ou ville habitez-vous?

2. Vous êtes-vous rendue(e) par autobus dans d'autres villes ou villages au cours de l'année écoulée?
☐ Oui
☐ Non
3. Veuillez décrire brièvement vos impressions (positives et négatives) du service d'autobus qui dessert votre région et vous permet de vous rendre dans d'autres villes et villages.

4. Seriez-vous disposé(e) à participer, à une date ultérieure, à une enquête plus détaillée à propos des habitudes et des préférences en matière de déplacements?
☐ Oui - Nom et adresse _____
☐ Non _____

Prière de découper le présent questionnaire, d'y joindre toute autre observation pertinente, et d'expédier le tout au:

Ministère des Transports
et des Communications
Bureau des transports par autobus
Edifice Ouest
1201, avenue Wilson
Downsview (Ontario)
M3M 1J8

Merci de votre collaboration.

Our readers write...

Senior's Publication

Englehart, Ontario

"Scrub-a dub dub-the old copper tub"

I enjoyed your Looking Back at 1920 and thought you would be interested in looking back at our wash days in 1915. I am a widower of five years which explains the introduction.

I have just put out a small line of clothes to dry. A wash is rather a simple chore-with such a small amount of laundry to do for one, with today's modern facilities. As I ran the water my mind reverted back to a wash of sixty-seven years ago when I was helping my mother.

We happened to be a family of four boys only, and at this particular time, I was 11 years of age. My closest brother was 9, so mother put us both to work at many chores, which I suppose a sister would have done if we had one. We both helped with the cleaning, cooking and washing. Let me tell you what I recall about those days.

We had a good size rain barrel and as a rule it had enough soft water to do our washing. We had a big copper kettle, a wash board, a small ringer attached to the tub, large bars of soap, Reckit's blue, starch and a few pails.

Our large cook stove was fueled with wood ... the boiler was filled with water. The various kinds of clothes were put in separate piles, cold water was used for rinse and it was there that the drops of mysterious blue were squeezed from the Reckit's bluebag. It was many years later that I came to understand that the blue would whiten a yellow garment.

When everything was through the wringer it was placed in a large wicker basket and was ready for the line. The line was as high as possible to keep the clothes in the air, so you had to stretch and pull down the line to load it. We then placed a pole, about ten feet in length, with quite a pronounced croch in the middle of the line and hoisted it to keep the clothes off the ground and the line would sway with the wind and the pole.

For a little smile down memory lane, I recall when we had to battle with the line to get the clothes off in the zero weather when they were frozen hard and how we brought them into the house - stiff as a poker - and stood them against the wall on newspapers. The long Johns were interesting to watch, especially the coloured ones. At first they stood like proud guards taking care of Buckingham Palace, and as the heat got to their shoulders

they began to slouch and finally their knees buckled, and they crumpled on newspaper. Just a memory, but a nice one. (I am not a writer as you will know, but I enjoy writing down my memories. I am now 77 and it puts in lonely hours.)

Best Regards,

W.S.

The Many "Single" Challenges:

Brantford, Ontario

The biggest challenge a Widow or Widower faces is the fact of suddenly being single. True, we were at one time, in our younger life, a single person; but then we had not learned the challenges that really confront one who has to suddenly face life alone and lonely.

Do we totally withdraw? Do we try to carry on as if nothing had shattered us? Do we throw ourselves into volunteer work to the point of exhaustion? Do we try to do everything for ourselves and be independent in our efforts to prove we can cope?

Another way is to expect everyone to feel very sorry for us and expect them to constantly cater to our whims and demands which become more and more crochety. Eventually people become tired of our insistent whining and abandon us to the very loneliness we dread.

What do we do? Know, that if you are hopelessly helpless in some areas, you really have other areas in which you are quite capable. Look for these areas and develop them. Don't be afraid to try things you've never done before.

Share your skills (i.e.) I can make good pies, can you mend a fence? Sharing with others rather than doing for others is much less exhausting and much more fun. In addition, admit you're lonely instead of trying to mask it, but don't whine with a "poor me" attitude. And never think that because you are widowed, divorced or unmarried, or any other type of single, that you must only associate with birds of a feather.

Associate with all age groups, all nationalities, all social and economic groups.

If you want friends - be one. If you want skills - try. If you want peace of mind - try, and don't get discouraged if after putting forth your best effort you still don't succeed. Move on to another area.

Life is fun and fulfilling if you look for the good and ignore the bad, or learn from it. Above all keep a sense of humour. See the funny side of your failed efforts.

I.R.M.

(These letters have been shortened - as our space is limited. Thank you for your continuing interest and concern expressed in the many letters Council receives.)

Looking back at the 30s

People are looking back at the thirties and wondering if another depression could occur. A major Canadian daily newspaper recently carried an article entitled "1982 vs 1932 Canada could have a depression like the 30s". The late twenties and thirties can hardly be described as the "good old days". Many of us lived through them and today, looking back over half a century, it is interesting to view the good and the bad things that occurred.

The world, struggling to recover from World War I, sank into what history named the Great Depression. Many of us living today were children during the depression. Even if it did not touch us directly, it left its mark, as most people were touched in some way. As one man put it: "If your father was working, you were okay". But in many homes the breadwinner was unemployed.

Fortunately human beings have the ability to meet catastrophe and struggle for survival. The scars those years left convinced society that it must not occur again. From this point in time it is difficult to ascertain where it all began. Some date the depression from the Wall Street financial crash of 1929. Others point out that the crash was the disastrous climax of international upheaval which continued right through the thirties. It was confusing to the young. One child of the depression still remembers she couldn't understand why adults were so concerned because a wall crashed down. There were few explanations and no answers at the time.

INFLUENCED WORLD POLITICAL EVENTS

While Canada struggled to cope with the depressions, events taking place outside this country would influence events here at home and the world in the thirties and forties.

In 1932, the forty-three year old Austrian Adolph Hitler became a German citizen. With others he formed the National Socialist German Workers Party. The rottenness of the German economy fostered Hitler's rise to power and all that ensued. In January he was proclaimed the new Chancellor of Germany and set in motion events that would influence the world for years.

The calamity of the depression in the United States brought another world figure on to stage. The election of Franklin Delano Roosevelt was in response to the economic upheaval. In 1932 through his proposed New Deal he would lead the U.S. through

the depression, out of prohibition and on to victory in World War II. In the early thirties the world knew little of the path ahead.

CANADA COPEs

One commentator summed up the thirties as a time of change - small change. Across the border in the U.S. one man in four was out of work, and it was no different in Canada. Work was hard to find. One Canadian senior, who married during the depression said that she and her young husband coped by penny-pinching. They found work because they never stopped looking.

As today, the cost of living had sky-rocketed. By 1929 the cost of living index had risen to 160, based on the average price of goods and services available in 1913, when the index was set at 100. Food was up 35 per cent, fuel by 8 per cent, clothing and rent rose 18 and a half per cent, and sundries had risen by 20 per cent.

CANADIAN SENIORS RECEIVE PENSION

If you were a senior citizen in the late twenties you could look forward to receiving an old age pension, when you reached the age of 70 years, subject to a means test. In 1927 The Old Age Pension Act was adopted by the Dominion Parliament. The federal government agreed to pay one-half of the net sum to provinces in agreement with a provincial statute. The maximum payment for seniors who met requirements was \$240 yearly. British Columbia was the first province to pass legislation with Ontario introducing the program in November 1929.

LIFE SURVIVAL NOT AS GREAT AS TODAY

If you lived to receive the Old Age Pension you had escaped many of the illnesses prevalent in the twenties and thirties. Even survival from infancy was a greater gamble. In 1920, ten per cent of all children died in the first year of life. Canadian health officials were bent on reducing infant mortality. One cheering thing was that being born in a city was no longer as dangerous, as it had once been.

In addition you were surviving maladies and illnesses that this half of the century does not experience in such magnitude. Six thousand people died annually from tuberculosis. Influenza was responsible for many more deaths than today. Typhoid fever, diphtheria and meningitis were far more life threatening. Heart disease and cancer were prevalent. In fact, one graph of general mortality in 1927 reveals



Sunnyside Beach in the thirties.

CANADIAN ARCHIVES

that cancer and tuberculosis were practically equal as causes of death. The progress against the diseases of the thirties resulted in many more people living their life span.

LIFE STYLE

In 1928 Canadians owned one automobile for every 9 citizens - or one car for every two families; which would gradually change through the depression. They talked a lot too! It was reported that 2,292,000,000 local phone calls, and 36,177,000 long distance calls showed that each Canadian had been involved in 240 telephone conversations.

Not only did they talk a lot, their correspondence increased, too. With the introduction of a reduced postage - 2 cents per oz. - "the reduction in postal rates,

was largely offset by an increase in postal business". Wonder if that might work today?

TIMES WERE WORSENING

Canada couldn't escape the problems of the depression. If you read the 1932 Canada Year Book you realize that people reading it at that time did not comprehend what was ahead of them. Perhaps the strongest indication was the drop in the value of farm lands. The average value of farm land in 1930 and 1931 had dropped to below 1910 values. Canada Year Book 1932 comments: "The figures are interesting as a indication of land values" - not that it was indicative of economic problems.

Have you any stories you could share of depression times and how your family coped?

Shopping in Metric

When grocery shopping, we are seeing more and more packages and containers with metric labels. Changes have been made in fruits, vegetables and meats that are now weighed and marked in metric. The weight or mass will be in pounds as well as grams or kilograms in some places for some time yet until the public gets used to seeing the metric equivalents. What looks like a 2 pound bag of produce may be marked 1 kg. It's slightly more than 2 pounds (2.2 pounds) but the bag looks about the same size as the old 2 pound one.

We continue to buy most of our produce by sight - we know the number of apples or the size cabbage we want.

We may be confused when comparing the price of steaks or roasts that are now marked in kilograms as well as pounds. Since the kilogram is more than 2 pounds, the price per kilogram will be more than double the price per pound. For example meat marked \$1.00 per pound is

\$2.20 per kilogram. Packages of bacon are marked 500 g (approximately 1 pound) or 250 g (about one-half pound). Many packaged meats are marked 175 grams, similar to the old 6 ounce packages.

Don't panic - for some time we'll be able to ask for a pound of meat or vegetables but eventually we'll be ordering in grams and kilograms. In the long run it is easier to compare the cost in grams or kilograms rather than fractions of a pound.

Canned fruits and vegetables will continue to be marked in fluid ounces as well as millilitres. The size of the cans has not changed.

Since we are now shopping in metric why not try some metric recipes. All you need to buy is a set of large and small metric measures.

For further information on metric measures, send for the free booklet "Kitchen Metrics". It's available from Communications Branch, Agriculture Canada, Ottawa K1A 0C7.

Book Review

WRAPPED IN MEMORIES: Ruby E. Henley, published by Olympic Printers, Sprucedale, Ontario and available from Mrs. R.E. Henley, Box 641, Huntsville, Ontario P0A 1K0. Price: \$7.00 postpaid to seniors, \$8.50 postpaid to others. Her earlier book "Are All the Children In?" told of the children she and her late husband cared for. Now widowed and 83 years of age, she has recorded her memories. In an unsophisticated presentation of wit, wisdom, and humour her courage and love for others shines through her writing.

AIM FOR THE BROOM: Lempi Dagmar Mansfield, published by the author. Available from: Consumers Co-op Society Ltd., 57 Main St. West, South Porcupine, Ontario P0N 1H0. Price: \$6.00 plus 80 cents postage. Born in Finland, the author came to Canada in 1913 and has lived in South Porcupine since 1916. The book is a record of her diary from 1913-1954. The book will be of interest to people who lived in Cobalt and South Porcupine during the early years. The title is a phrase heard frequently during the author's years as a curler.

THEN AND NOW: Elmer J. Farrish, published and available from Mr. E.J. Farrish, Gorrie, Ontario, N0G 1X0. Price: \$6.95 postpaid. The book is a factual account of changing times and records the life styles of early settlers in rural eastern Ontario, specifically Howick Township. The communities of Gorrie, Wroxeter, Fordwich receive special attention. The author was born in Ashfield Township in 1899 and lived most of his life in Huron County. Active in community life, he was reeve of Howick Township in 1949. Much of the information is gleaned from Council minute books and includes photos of buildings and artifacts.

BLUEPRINT FOR BALLOT BOX CONTROL: Arthur W. Howison, and available from Mr. A.W. Howison, 40 Edward Street, Brockville, Ontario K6V

5K4. Price: \$4.95 prepaid. A farcical account of back stage political hacks. The events take place in the mythical country of Fagonia. The author writes with forty years of experience in practical politics, having been a confidential secretary to a Cabinet Minister. The book is humourously written in varying forms.

YESTERYEAR AT YOUNG'S POINT: Aileen Young (Nathaway Nan) and available from Mrs. A. Young, Young's Point, Ontario K0L 3G0 or Trent University Bookstore, Peterborough, Ontario. Price: \$5.00. Born and raised in Young's Point, both the author and her husband came from pioneer families. Even in childhood she recorded the memories of older residents. The book was written in 1975, to mark Young's Point's 150th anniversary. It is filled with delightful stories bringing back the spirit of 1830.

RIVERSIDE - EMERY UNITED CHURCH: C.J. Ware and Kathleen Allatt, with contributions by Rev. Gordon Legge and Rev. W.B. Thorneloe. Published by Cardon Press. Available from the church, 2799 Weston Rd., Weston, Ontario M9M 2R8. Price: \$4.00. Suitably illustrated, the book is a compilation of the history of Emery and Riverside churches, from the time when a mission supplied the religious needs of the community. From the early history to the present time the book credits those who helped in many official duties.

FRAGMENTS REMEMBERED: Margaret Elizabeth Mostyn, published by Arthur H. Stockwell Ltd., Ilfracombe, Devon, England and available from the author, 110 Snowdon Ave., Toronto, Ontario M4N 2A9. Price: \$5.00 postage paid. Born in Cardiff, Wales the author, Edith M. Britain writes under her grandmother's name. She is now retired after 39 years with Canadian National Railways. Her book contains accounts of her life revealing her love of flowers and the great outdoors.

Scrolls

Continued from Page 1

wedding anniversaries. Verification of the wedding date is required for a 60th (and up) wedding anniversary. In the case of Ontario residents, the place and date, also the maiden name of the lady is required for the request to be made. A notice of six to eight weeks prior to the event is required.

Special scrolls/certificates can also be provided in French. If you

are making the request in Ontario from the Ontario Ministry of Government Services the translation must be provided.

HOW TO APPLY

Requests can be made directly to your local M.P., M.P.P., or you may apply to the Ontario Ministry of Government Services, Official Documents Office, 3rd floor, Hearst Block, 900 Bay Street, Toronto M7A 1N3. Forms are available from this office, which allow you to provide essential information.

Outstanding Ontario citizens can also receive congratulatory scrolls, for service to the community or a distinguished accomplishment in his/her field of endeavour. Organizations (not private businesses), municipalities, churches, etc. can also receive recognition of 50 years and up. Only one scroll, per individual or organization can be issued in a five year period, unless for a different reason. Team scrolls, for sport activities are also available for presentation.

GROWING OLD

*Tis not sad, growing old,
To look time in the face.
Inexorable the passing hours,
Grant peace shall give us grace.*

*Time now to hear the music
Of nature and of man.
To bask in Apollo's gold,
Scent the fragrant flowers,
See a clearer truth unfold
That was since time began.*

A. M. Eberlen,
Richmond Hill.

Library Serves 150 Languages

Interested in something entertaining, educational, cultural -- and free?

Then you'd be welcome exploring the pleasures and services available to you in the Languages Centre of the Metropolitan Toronto Library.

It's located on the fifth floor of the magnificent Metro Library at Yonge Street and Asquith Avenue, just a block north of the Bloor and Yonge subway stations.

In the Languages Centre there are books in approximately 150 languages. For example, the Germanic, Romance and Slavic languages are represented, as are Greek, Hungarian, Finnish, Chinese, Japanese, Korean and many of the languages spoken in India. Closer to home, the library boasts a collection in many of the North American native languages, such as Algonquian, Iroquoian and Inuktitut.

One area of the Centre specializes in audio and audio visual equipment for those who wish to study a new language, or brush up on their native tongue. Grammars, readers, histories of languages, linguistic texts and manuals supplement a variety of records, cassette players and tape recorders for the study of 80 languages, from Afrikaans to Zulu. Groups of four can hook simultaneously into the special televised language learning cassettes. Many of the courses come in beginners' levels all the way through to advanced studies. Many people planning a trip abroad take advantage of these courses to study the language of the country they are visiting.

The Centre has a special

collection for those who wish to learn English as a second language. Again, courses come in all levels. Students can work on their own with records, cassettes and tapes. There are even courses for those who wish to become familiar with the specialized language of some business fields, such as engineering, international trade or banking, to name just three.

For those who wish to catch up on the news from their native lands, the Languages Centre has a periodicals area which houses about 400 newspapers, magazines, digests and reviews from countries throughout the world. Comfortable upholstered chairs and reading tables are provided. For added enjoyment, there are recordings in about 30 languages of short stories, poems and excerpts from longer works.

The staff of the Languages Centre is always ready to help you find what you want, and is trained to discuss your needs in many different languages.

Group tours are always welcome. If your organization would like to see first-hand exactly what is available in the Languages Centre, a telephone call to 928-5280 is all that's needed.

The Metropolitan Library is a resource centre for multilingual collections and services of other libraries. Through an inter-library loan system, many books are sent out to other libraries in Metro and the province.

If you don't live in Toronto, you don't have to go without. Check with your local libraries and see what services they have for you.



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